

15 YEARS OF EXCELLENCE



A message from our CEO



A Higher Standard of Caring



Portsmouth Regional Hospital Senior Management Team. Standing from left to right: Richard Senger, C.F.O., Michael Solak, V.P. of Facilities, Jacqueline L. Brayton, V.P. of Human Resources. Seated from left to right: Leslie R. Pope, V.P. of Marketing & Public Affairs, Stanley Plodzic, Jr., V.P. of Patient Services/Chief Nursing Officer, Stuart Hemming, C.O.O., William J. Schuler, President and C.E.O.

Dear Friends, Neighbors and Colleagues,

This year marks the 15th anniversary of Portsmouth Regional Hospital's move to its modern facility on Borthwick Avenue. During this time, it has been a privilege for all of us -- physicians, nurses, therapists, technicians and many others -- to be able to support the Seacoast region with a steady procession of growth and improvement in healthcare resources, from new doctors to new services and new technology.

Today, we are proud to continue our commitment to bringing you a higher standard of caring, with services in important areas equivalent to those of many teaching hospitals.

It may be fitting that in our 15th year, our cardiac surgery service performed its 1,500th life-saving surgical procedure, as if to underscore a tremendous resource for our community. And, our cardiac staff published results of pioneering work in the use of radiofrequency ablation to correct atrial fibrillation, making a cure for this debilitating problem much more accessible.

Also this year, our neurosurgery service acquired an important, advanced tool with the installation of a state-of-the-art image-guided-surgery system that makes it possible to monitor at all times where the surgeon's scalpel is in relation to the targeted brain tumor. Now, brain surgery procedures that might have been referred out of the area can be performed right here on the Seacoast.

Our capabilities improved dramatically in many ways: A new Emergency Department was opened to double our previous emergency resources, a new, enlarged Endoscopy Unit was opened and a new SurgiCenter was established in the Medical Office Building directly adjacent to the hospital.

Our diagnostic imaging resources took major steps forward with the installation of two important new devices. One is a GE Lightspeed computerized tomographic (CT) scanner capable of multiple scans simultaneously -- and therefore much faster results. The other is a new, stationary magnetic resonance imaging (MRI) system that offers a larger range of tests, greater accuracy, faster speed and a much more spacious environment for the patient than the mobile unit it replaced.

Above all, it's important to remember that our technological systems are just tools used by the extraordinary people who are here to work for you. Our 200 doctors and 1,000 employees are a group characterized by dedication, enthusiasm and a genuine love of helping others.

Whatever your need, we invite you to rely on us for your quality care.

Sincerely,

William J. Schuler
President and CEO



Physician, Dr. Greg Morrissey

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Primary Care

In our age of image-guided surgery and MRI technology, the primary care physician – your internist, pediatrician or family practitioner -- remains a central figure in your overall medical care.

Whether your concern is simply a regular "checkup," an acute problem such as back pain or a respiratory infection, or routine follow-up for a chronic condition such as arthritis, it is your PCP who is first going to evaluate you, treat you or refer you for testing or specialty care. In fact, if you belong to an HMO you're almost certainly required to get your PCP's referral before you can seek specialty services.

Portsmouth Regional Hospital's network of primary care practitioners includes physicians in towns throughout the Seacoast region, from Kittery, Maine to Hampton and Stratham, New Hampshire. A strong contingent of PCP's is located right across the street from PRH in Portsmouth.

Choosing a PRH-affiliated primary care physician is as easy as calling one and making an appointment. Maintaining a comfortable, ongoing relationship with a primary care physician who knows you and your health needs is important for your overall care. Most PCPs are happy to have informational interviews with prospective patients.

You can check out our PCP's credentials, locations and phone numbers online at www.portsmouthhospital.com or by calling our Physician Referral Line at 603-436-3322 or 888-421-1080.



Emergency Center

An emergency department is a place no one wants to come to and everyone wants available in the event of a medical emergency, big or small, serious or minor. Patients expect us to offer superb emergency care 24 hours a day, seven days a week, and be prepared to deal with urgent problems ranging from earaches to heart attacks. As President and CEO William Schuler said at the 2002 ribbon cutting of the expanded Emergency Center, "Our Emergency Center is the heart of the entire hospital."

PRH has a long tradition of providing top-quality emergency care by doctors and nurses trained, experienced and certified in emergency medicine. When the modern PRH opened in 1987, the Emergency Department had eight beds and a capacity that seemed limitless. Today, however, the ED treats over 25,000 patients a year and even with subsequent renovations those 1987 resources seemed crowded and outmoded.

This year we opened a state-of-the-art emergency unit that more than doubled the size of our previous facility, upgraded its technology and dramatically improved the setting in which patients in need of urgent care receive help.

In fact, it improved the setting in which non-urgent cases receive care as well. As Georgette Shapiro, Nursing Director of the Emergency Center, explains, "Even if an emergency is not critical, it's still important to the patient and to us. That's why we now offer Fast Track Emergency Care -- with a separate staff to serve patients with non-urgent, non-life-threatening illnesses and injuries. This shortens the time in which patients are seen in either section."

The Emergency Center has x-ray, chest pain, and trauma resources right on site. The cardiac enzyme unit in the ED's Chest Pain Center can help diagnose a heart attack quickly. With vital support from specialists in cardiology, heart attack patients can be in our cardiac catheterization unit within 20 minutes.

The ED's new trauma rooms are equipped to function as mini-operating rooms, with neurosurgical and pediatric response resources. Portsmouth Regional Hospital is a Level II Trauma Center, so our emergency staff is backed up by specialists from neurosurgery to cardiac and orthopedic surgery.

The new Emergency Department has 22 new treatment rooms, with fast, private registration often done at the bedside to save time. Our waiting area is larger, with private family consultation rooms and a children's playroom. According to Georgette Shapiro, "We put a premium on communication. We're trained to see the big picture and care for the whole patient. That's why, for example, we encourage family members to stay with the patient whenever possible throughout their emergency treatment."

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PRH's role as an emergency service extends well beyond our walls. As part of an effort to enhance response to emergency medical situations in the Seacoast region, PRH and area fire departments are funding and coordinating Emergency Medical Training (EMT) of area firefighters. This can give first responders in the field -- under guidance from ED staff -- the ability to initiate intravenous treatments, to administer certain drugs to patients before they reach the Emergency Department, and to deal with drug overdose situations.

If and when you have a medical emergency, we at PRH's Emergency Department are here for you, with the staff, the resources and the commitment to quality.

Call 603-433-4042 or go to <http://www.portsmouthhospital.com/specsrvc.asp> for more information.



Women's Care

Since its opening in 1987, Portsmouth Regional Hospital has placed an emphasis on meeting the special healthcare issues of women of all ages. From its early establishment of an innovative Women's Care Lecture Series to its plans for a comprehensive Breast Center, PRH has developed services for all the stages of life. And women have the choice of being cared for by a woman doctor if they prefer, since we have 30 women physicians on our medical staff in specialties ranging from pediatrics to surgery.

In our Breast Health Service, our mammography unit is fully accredited by the American College of Radiology, our MRI unit performs gadolinium-enhanced breast scans, and we use a state-of-the-art, minimally invasive technique for the early diagnosis of breast cancer. When surgery is necessary, our breast surgeons use the latest techniques, including reconstruction at the time of surgery when possible. Chemotherapy options are available, as are post-operative breast reconstruction surgery and a rehabilitation program to maximize comfort, mobility and appearance.

Our current plans include the development of a new Breast Center where mammography, minimally invasive breast biopsy technology, and surgical offices will make it easy for women to get screening results and treatment with a minimum of delay.

Our board-certified gynecology specialists are available to deal with a range of women's health problems, including menopause, incontinence, uterine fibroids, tumors, endometriosis and sexually transmitted diseases.

For women facing mid-life issues, our staff represents significant expertise in women's heart disease, osteoporosis, weight management and rehabilitation following surgery or illness. To measure bone density, Women's Care uses a LUNAR bone densitometer, a state-of-the-art

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device that can identify significant bone loss in just 30 seconds.

Our complementary health services have grown rapidly in recent years. Today's patients have access to Reiki, yoga and massage; nutrition counseling; and an extensive program of educational offerings. In addition, Women's Care offers special counseling programs for post-partum depression and other depression issues, domestic violence and sexual abuse.

The hugely popular Women's Health Lecture Series was established in 1988 in response to a need expressed by many women in the Seacoast region for access to serious health information -- it's generally recognized that women overwhelmingly serve as the decision-makers about their families' health issues. Topics presented by PRH physicians and staff have been as diverse as pregnancy over 40, arthritis, depression and osteoporosis. With the \$5-per-person registration fees donated to area women's organizations, more than \$100,000 has been distributed throughout the Seacoast from this source.

Call 603-433-4054 or go to <http://www.portsmouthhospital.com/specsrvc.asp> for more information.



General Surgeon, Dr. Cynthia Paciulli

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Surgical Services

Patients who require surgery can expect to be in good hands -- literally -- at Portsmouth Regional Hospital. A commitment to physician skill combined with advanced technology make our Surgery Department a leader in the Seacoast region. From admission to discharge, our goal is to make their stay as comfortable as possible, with the best results possible.

With 50 surgeons in a dozen specialties, the PRH staff performs more than 10,000 operations each year, approximately 60 percent on an outpatient (or "day surgery") basis. This capability was significantly enhanced earlier this fall with the opening of the new Portsmouth Regional Ambulatory Surgery Center in the Medical Office Building directly adjacent to the hospital. The Center provides a site for day surgery procedures by orthopedic, ophthalmologic and ear, nose and throat surgeons.

PRH surgical specialties include general surgery, cardiac surgery; neurosurgery, orthopedic surgery, urologic surgery, vascular surgery, ear, nose and throat surgery, cosmetic surgery, gynecologic surgery, oral surgery, ophthalmologic surgery and podiatric surgery.

Anesthesia Resources

A hospital's anesthesiology team is key to the success of its surgical program, and at PRH, our anesthesiology staff makes possible the

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alternatives of general anesthesia, spinal and epidural anesthesia, conscious sedation and local anesthesia. Over the past decade, PRH has made a significant capital investment in equipment and resources to ensure that our anesthesia service remains on the leading edge of clinical capabilities.

Laparoscopic Surgery

Thirty percent of surgical procedures at PRH are performed as laparoscopic surgery, the use of endoscopic instruments that enable the surgeon to operate on internal organs through several half-inch incisions instead of large, open-wound incisions. With laparoscopic surgery, post-operative pain, hospital stay and recovery time are all significantly reduced without loss in quality of outcomes. Laparoscopic procedures are now used for issues as varied as colon cancer, appendicitis, gall bladder problems, knee and shoulder problems and respiratory disorders.

Pediatric Surgery

At PRH, special attention is paid to children who need surgery in order to reassure them and make their experience as comfortable as possible. If they want to, kids can ride to the operating room in a little red wagon, not a gurney, and a parent can go with them to the OR and stay until they fall asleep. In fact, a pediatric surgery booklet written by members of the physician and nursing staffs will soon be available and information for parents is already on the hospital Web site. Tours are also available prior to surgery.

Cardiothoracic Surgery

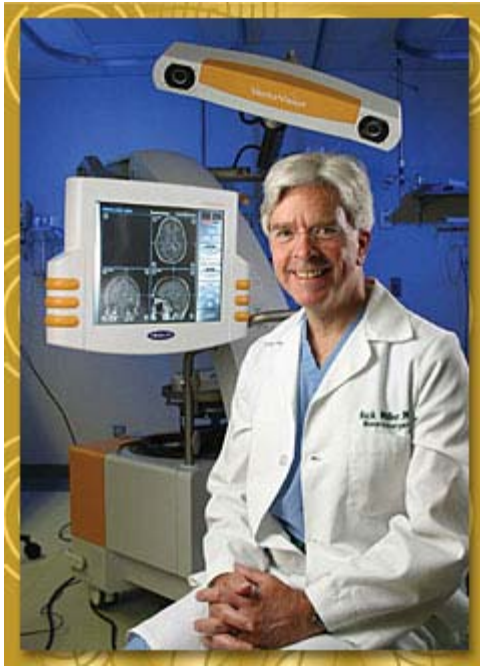
The cardiothoracic surgery service, described more extensively on the Heart and Lung Center page, recently performed its 1,500th procedure since its establishment in late 1998. Its three surgeons provide a broad range of complex services, including coronary artery bypass surgery, heart valve repair and replacement, surgery for aortic and ventricular aneurysms, treatment of atrial fibrillation and lung and chest wall resection.

Neurosurgery

PRH's neurosurgery services include capabilities for surgery of the brain and spine to remove malignant and benign tumors and to treat problems of the spinal cord and vertebrae. This year, the neurosurgery service acquired the state-of-the-art Vector Vision image-guided surgery system, which uses a high-density MRI or CT scan to provide the surgeon with a video-monitor frame-of-reference for his scalpel's position at all times. In a procedure to excise a brain tumor, for example, this makes possible a much smaller incision, a much more direct approach to the abnormality, and much-reduced injury to surrounding normal tissue. With this system, procedures can be done at PRH that once would have had to be referred to teaching hospitals outside the area.

Orthopedic Surgery





Neurosurgeon, Dr. Clinton Frederick Miller

Orthopedic surgery is PRH's largest surgical specialty, using medical, surgical and rehabilitation approaches to treat the full range of musculoskeletal injuries in adults and children. In the department's strong sports medicine program, physicians and therapists trained and experienced in treating sports injuries, work closely with injured athletes to help them return to activity as quickly -- and safely -- as possible. Services range from ligament reconstruction to supervised exercise programs and evaluation for orthotics.

Arthroscopic procedures for injured knees and joint replacement surgery for knee and hip problems are PRH strengths, with an emphasis on a team approach and a record of excellent outcomes for total joint replacement. Our team approach to joint replacement begins with our nurses and rehabilitation staff teaching patients before their surgery about the procedure and the exercises they will need after their operation. After surgery, a patient is often continued on epidural anesthesia for a day to control pain so that a continuous passive motion machine can begin exercising the new joint immediately.

With aggressive physical therapy, joint replacement patients are often able to go home sooner than before. Even patients having both knees replaced are often discharged directly home without the rehabilitation hospital stays that were often required in the past.

Reflecting this level of expertise, the PRH orthopedic surgery program has long served as an international training site for foreign surgeons learning to perform knee replacement surgery.

General Surgery

The general surgical service at Portsmouth Regional Hospital has prided itself on providing state-of-the-art surgical care. Surgeons at PRH were among the first in the state to implement new laparoscopic techniques for gall bladder removal. Since that time, laparoscopic techniques have been applied to a broad range of surgeries.

In surgery for breast cancer, PRH surgeons have long emphasized the use of breast-preserving techniques such as lumpectomy and partial mastectomy rather than more extensive mastectomy procedures. Our breast surgeons work closely with oncologists and radiation oncologists to provide an appropriate, effective program of care for every woman. Sentinel Lymph Node Biopsy is performed during cancer-removal surgery to determine if and where the cancer has spread. In addition, breast reconstruction surgery, using implants or trans-flap procedures, are available as appropriate and desired.



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Diagnostic Imaging

Portsmouth Regional Hospital's diagnostic imaging resources were advanced significantly this year with the installation of a new state-of-the-art computerized tomographic (CT) scanner, a stationary magnetic resonance imaging (MRI) system, an expanded Endoscopy Unit and an expanded Sleep Center.

Computerized tomographic scanning has been a key diagnostic technology for nearly two decades, but scanning speed and capabilities are continually being improved. The new GE Lightspeed CT scanner is capable of multiple scans simultaneously -- and therefore of much faster results than the previous system. In CT scanning, as a patient is moved through the donut-shaped machine, data gathered by x-ray waves is sent to a computer that can manipulate it to produce a series of "slice" images for any area of the internal organs.

The new stationary MRI system offers a larger range of tests, greater accuracy, much faster speed and a more spacious environment for the patient than the mobile unit that previously served PRH. While its structure may seem to resemble a CT scanner, an MRI scanner uses ordinary radio waves passed through a powerful magnetic field to yield images of internal organs. Traditionally, CT excels at hard tissue such as bone and MRI at softer tissue such as muscle, but the capabilities of both are constantly being advanced.

Endoscopy

The newly expanded Endoscopy Unit provides physicians with the capability for visually examining the digestive tract from the esophagus and stomach to the rectum and colon to assess ulcers, cancerous lesions, tissue inflammation and polyps.

A long, flexible fiberoptic instrument, something like a telescope in the form of a long, hard-rubber tube, endoscopes enable the physician to record or photograph areas of interest and take biopsy samples.